

Caring for a wound

A Guide to Wound Care Self-management for People Who Use Drugs



NYC
Health



1 Wash your hands with soap and water, or wear gloves.



2 Clean the wound with soap and water and dry well. Do not use alcohol or hand sanitizer to clean a wound.



3 Apply antibiotic cream to the wound surface.



4 Cover the wound with sterile gauze and secure with a bandage.



5 For larger wounds, wrap the area with medical bandage.



6 Change the gauze or medical bandage twice per day.

When to seek medical care

If you experience any of these issues, the wound may be serious and need medical attention. To find a health care provider, call **311** or 844-692-4692. For support for people who use drugs, including harm reduction and medication services, visit nyc.gov/alcoholanddrugs.



- * The wound gets larger, deeper, more painful or tender.



- * There is spreading redness, red streaks around the edges of the wound or a darkened border.



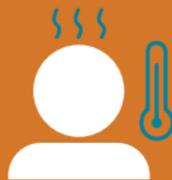
- * The wound is over an artery or on the face, neck, hands, feet or chest.



- * There is a foreign object, such as a needle tip, in the wound.



- * There is increased discharge or the presence of pus, or the wound smells.



- * You experience fever or chills, shortness of breath, weakness, muscle pain, and fatigue.

